



# AGONY<sup>OF</sup> de feet

We've all been there - our feet hurt from the wrong type of shoes, improper fit, constantly wearing heels, and being overweight. This, that, and all the other things can lead to long-term foot problems such as bunions, hammer toes, heel spurs, and plantar fasciitis. Your foot is a complex system of bones, ligaments, nerves, and muscles that work together to enable you to walk, run, and do whatever it is that you enjoy. One wrong move can throw everything out of balance. So what can you do now so that you don't have to suffer the Agony of de Feet later? What if you are already suffering? We've got the answers for your tired hoofers.

*Aspiring Women* 

## HAMMER TOES

Hammer toe is a condition in which the toe bends, causing the middle joint to poke out. Tight-fitting shoes can worsen the condition, and a corn may often develop at the affected site.

What treatments are available to treat hammer toes?

- Applying a toe pad over the middle joint of the toe that is poking out
- Wearing shoes that will not aggravate the affected toe
- Surgery

## FOOT MISALIGNMENTS

Foot misalignments can occur when one of the five metatarsal bones is not aligned with the others.

The misaligned bone will often cause pain in the forefoot during running.

Treatment options for a misaligned foot include:

- Inserting a rubber pad in the shoe below the misaligned bone
- Pain medication such as ibuprofen or Tylenol

Regardless of your foot ailment, be sure to discuss your symptoms with your physician. Create a plan that will help you avoid the Agony of de Feet.

## BUNIONS

A bunion is a protrusion of bone or tissue around a joint. Bunions can occur on the little or big toe and form due to long periods of stress on the joint. Women are especially susceptible to bunions because of the tight, pointed shoes that are often worn on a regular basis. What can you do to treat a bunion?

- Wear comfortable, well-fitting footwear
- Surgery to reduce pain
- Apply pads to the affected area
- Medication such as ibuprofen or Tylenol

## HEEL SPURS AND PLANTAR FASCIITIS

A heel spur is a growth on the bone of the heel where it attaches to the plantar fascia. Running, wearing ill-fitting shoes, and being overweight can cause the body to build extra bone as a result of the stress, which causes a heel spur. Treatment options for heel spurs include:

- Rest
- Ice packs
- Proper footwear or shoe inserts
- Corticosteroid injections
- Surgery for the most severe and prolonged cases